

<u>BREAKFAST</u>	<u>DAY 10</u>		
	½ Banana		
	Shredded Wheat Miniatures		
	Belgian Waffle (frozen)		
	W/Strawberries & Whipped Topping		
	Crisp Bacon (Make Extra for BLT Sandwich)		
2% Milk (6oz.)			
<u>COFFEE BREAK</u>	<u>BAGELS & ASSORTED MUFFINS</u>		
<u>LUNCH</u>	Waldorf Salad in Leaf Lettuce (Recipe)		
	Meat Loaf in Gravy (frozen)		
	Baked Potato W/Butter & Sour Cream		
	Broccoli Spears (frozen)		
	Corn (frozen)		
	Whole Wheat or White Dinner Roll		
	Raspberry Yogurt		
	2% Milk (6oz.)		
<u>STAFF</u>	Salad Bar		
	Beef & Mushrooms in Wine Sauce (frozen)		
	W/Mashed Potatoes		
	Meat: Meat Loaf (frozen)		
	Sandwich: Bacon, Lettuce & Tomato		
Soup: Corn Chowder (frozen)			
<u>SUPPER</u>	Fruit Cup	Salmon Crowns are a special order from Sysco	
	Salmon Crowns (frozen) (recipe)	When placing special orders it is wise to order 2 cases at each order.	
	On bed of rice	It is difficult to receive one case on a special order.	
	W/Alfredo Sauce (frozen)	Alfredo Sauce Frozen	
	Green Pepper Steak (frozen)	Heat and use ¼ cup per Salmon Crown.	
	Over Rice	Put Salmon-Crown on bed of rice after Salmon Crown is baked.	
	Carrot Coins or Spinach (frozen)	Pour 1/4 cup hot Alfredo Sauce over rice and Salmon Crown.	
	Hot Roll W/Margarine Pat		
	Rainbow Sherbet	Frozen entrees are made by Stouffer’s. They can be purchased from Food Services of America, Sysco or your local grocery store.	
	2% Milk (6oz.)		
	AFTERNOON COOK PLEASE TAKE OUT CHICKEN BREASTS, ROAST BEEF & TURKEY FOR SANDWICH		
The frozen pies can be purchased from Food Services of America, Sysco or your local store.			